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# MALAYSIA

## Fascinating Adventures



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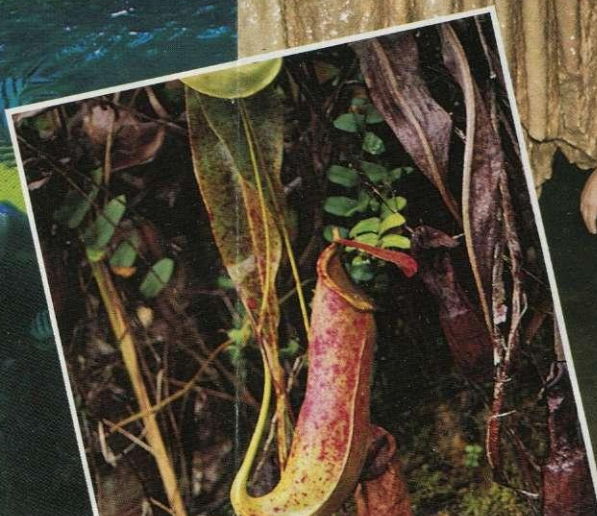
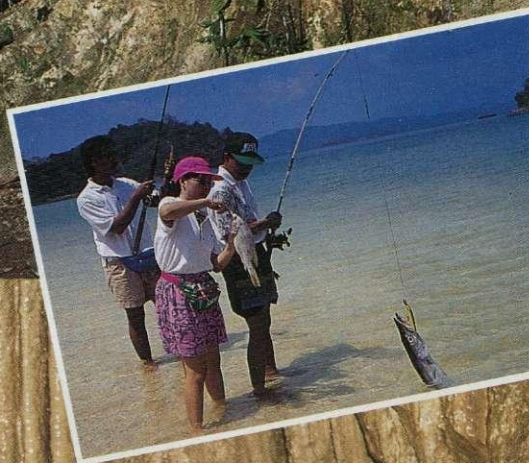
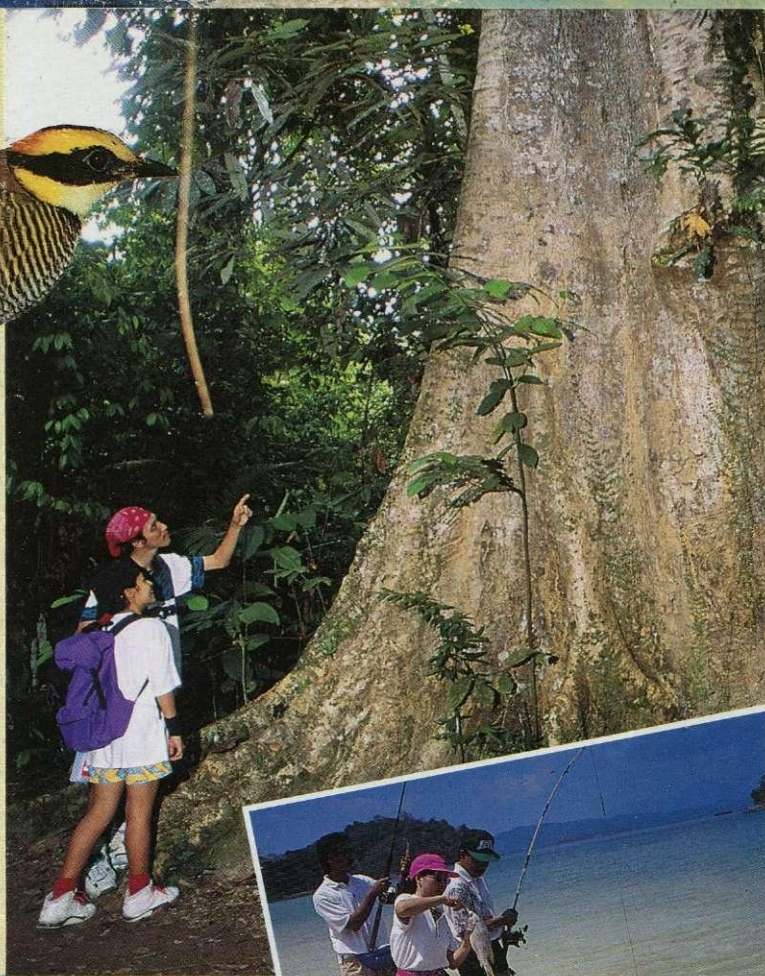
# The Land of Adventure

Photo By:  
National Forest and  
Wildlife Protection  
Department.



In the heart of Southeast Asia lies a land of immeasurable charm and intrigue - Malaysia.

A true adventure paradise, Malaysia brings you fascinating and diverse cultures, the traditional and the modern, untouched rainforests, pristine islands and beaches, abundant riches in flora and fauna, and a variety of activities that will boggle your mind. In other words, it's a veritable treasure chest of excitement just waiting to be opened. Be it on Peninsular Malaysia or in the states of Sabah and Sarawak, your experience will be a truly memorable one at our adventure destinations.





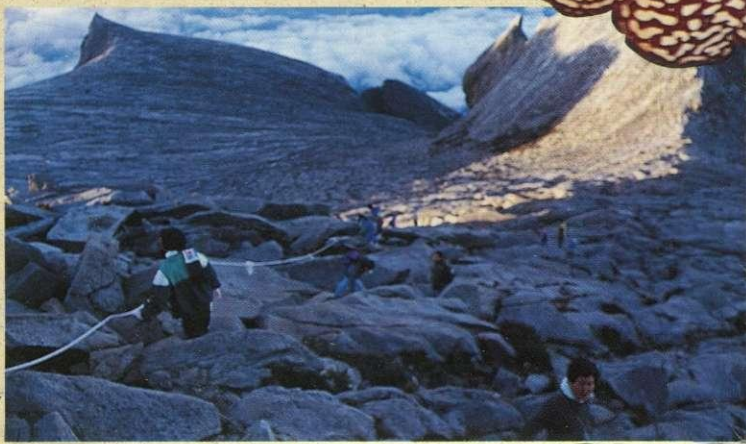
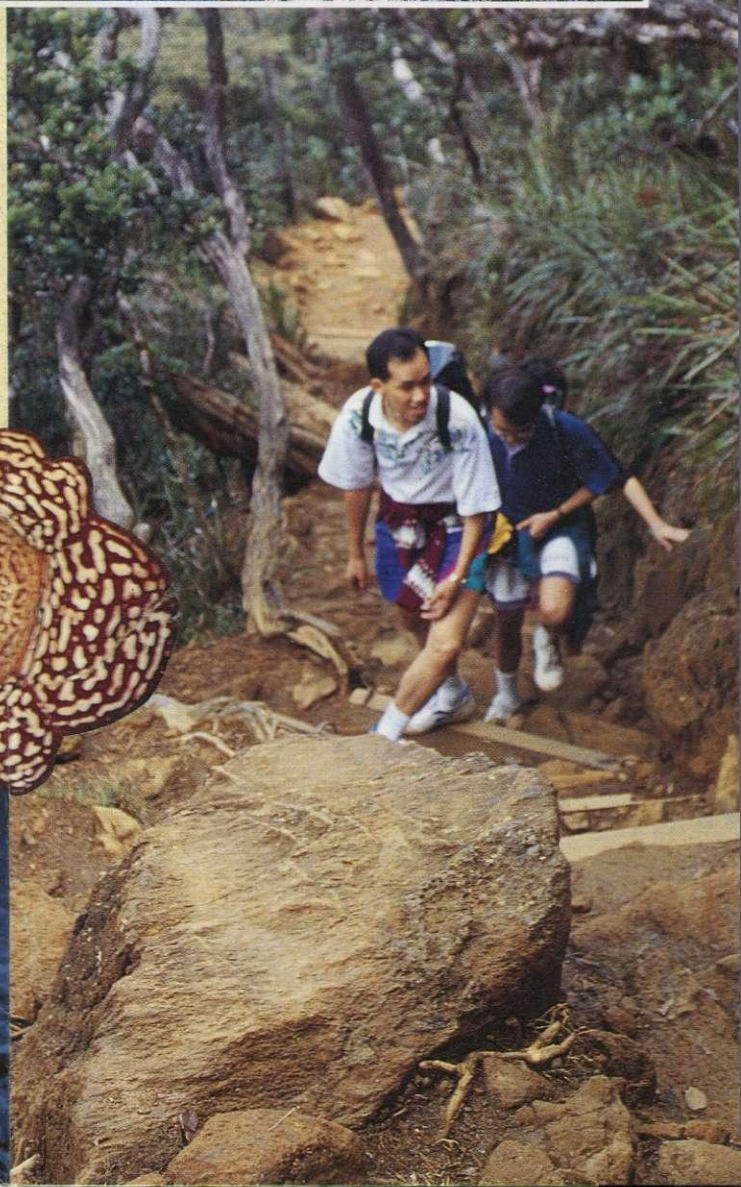
# Mountain Climbing

**A**re you a seasoned climber or merely a determined beginner? Regardless, Malaysia has a mountain for everyone. And with each ascent you make come the rewards of sights of breathtaking beauty and terrain that span the spectrum of the imagination. For some climbs, the very bottom of the mountain is the starting point, and the bottom could mean dense, sweaty jungle, tricky rapids with lightning fast currents, or waist-deep swamps teeming with hidden activity. Make it through these obstacles and the peak awaits. It could be a relaxed, leisurely climb. It could be a challenging, spectacular, even spine-tingling excursion up the highest mountain in Southeast Asia, Mount Kinabalu. For all climbs, adequate preparation is paramount, and depending on your level of expertise, rest assured that guides will be there to assist you.



## Peaks of Interest

- Kedah: Gunung Jerai (1,217 metres)
- Sarawak: Gunung Santubong (810 metres)  
Gunung Serapi (1,710 metres)  
Gunung Mulu (2,376 metres)
- Sabah: Gunung Kinabalu (4,101 metres)  
Gunung Trusmadi (2,642 metres)
- Perak: Gunung Korbu (2,183 metres)
- Johor: Gunung Ledang (1,276 metres)
- Pahang: Gunung Tahan (2,187 metres)
- Kelantan: Gunung Stong (1,422 metres)





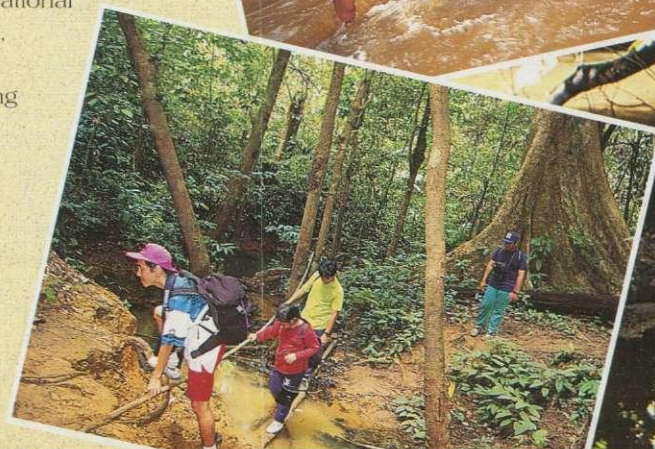
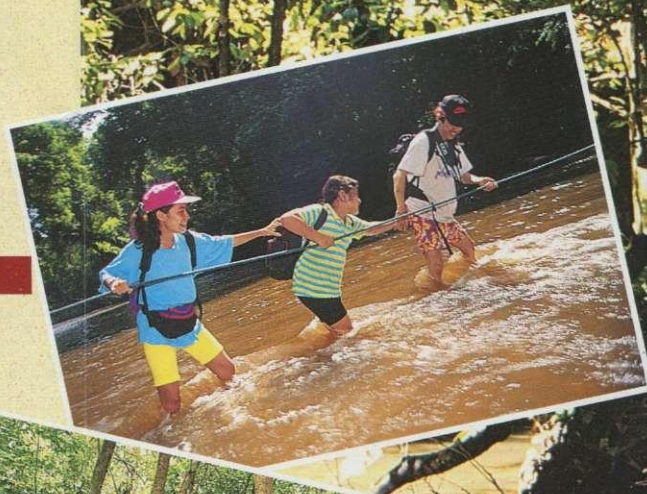
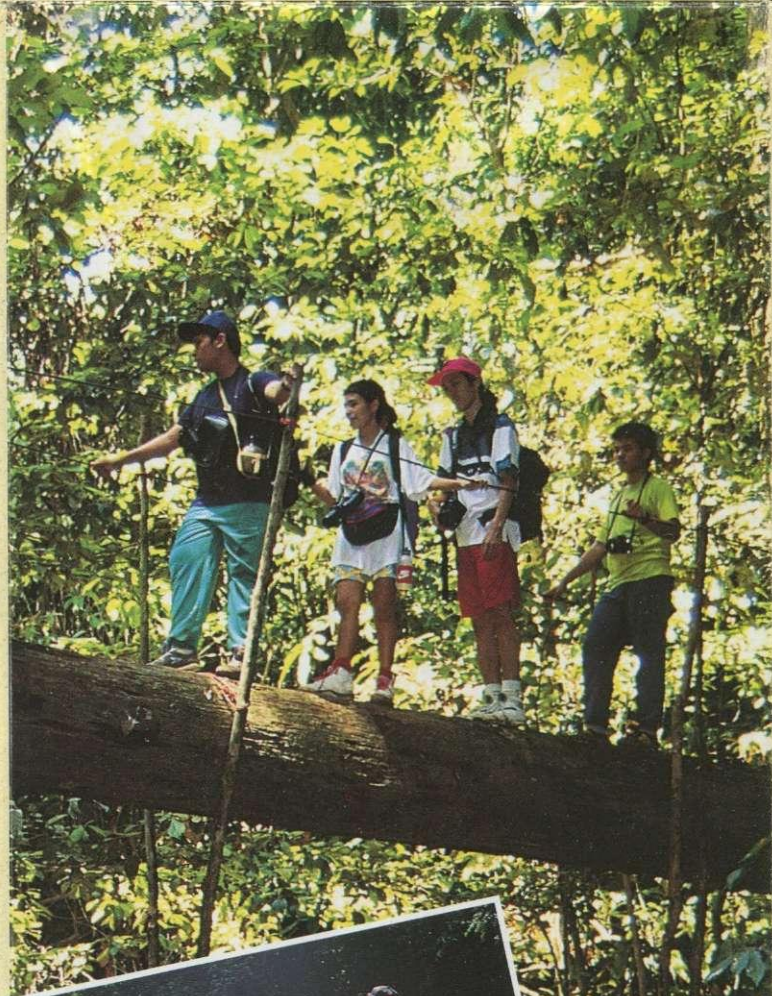
# Jungle Trekking

**M**alaysia's primeval and largely unexplored rainforests offer intrepid trekkers endless opportunities to observe exotic and rare tropical flora and fauna. Striding through the forests, the lush vegetation parts before you, affording glimpses of *tapirs* grazing in the undergrowth. In the background, a massive *Rafflesia* rises from the forest floor, radiant in its glory at being the world's largest flower. Crossing swaying hanging bridges will be a feat of balance, and there is nothing an energizing dip in a crystal clear rockpool next to a cascading waterfall can't fix! Refreshed and re-inspired, push onward through the steaming, vibrant ecosystem that stretches out before you, welcoming, embracing, and teaching you about nature at its most natural.

Trekking excursions are centred in the National Parks and Forest Reserves such as Taman Negara, Tasik Cini (both in Pahang), Malaysia Agriculture Park at Bukit Cahaya Seri Alam (Selangor), Air Keroh Recreational Forest (Malacca) and Banding Resort (Perak). The trails are plentiful and so are some of the legends that surround them! In Sarawak, the terrain is hilly and the trek more arduous. The choice is yours - make a day of it, a week, or a month-long experience of a lifetime.

## Trails & Tracks

- Kedah: Gunung Jerai  
Sabah: Kinabalu Park, Crocker Range National Park  
Sarawak: Niah National Park, Lambir National Park, Similajau National Park, Bako National Park, Kubah National Park, Gunung Gading National Park, Gunung Mulu National park  
Perak: Banding Resort  
Selangor: Malaysia Agriculture Park at Bukit Cahaya Seri Alam  
Johor: Gunung Ledang, Endau Rompin  
Pahang: Taman Negara, Tasik Cini  
Malacca: Air Keroh Recreational Forest



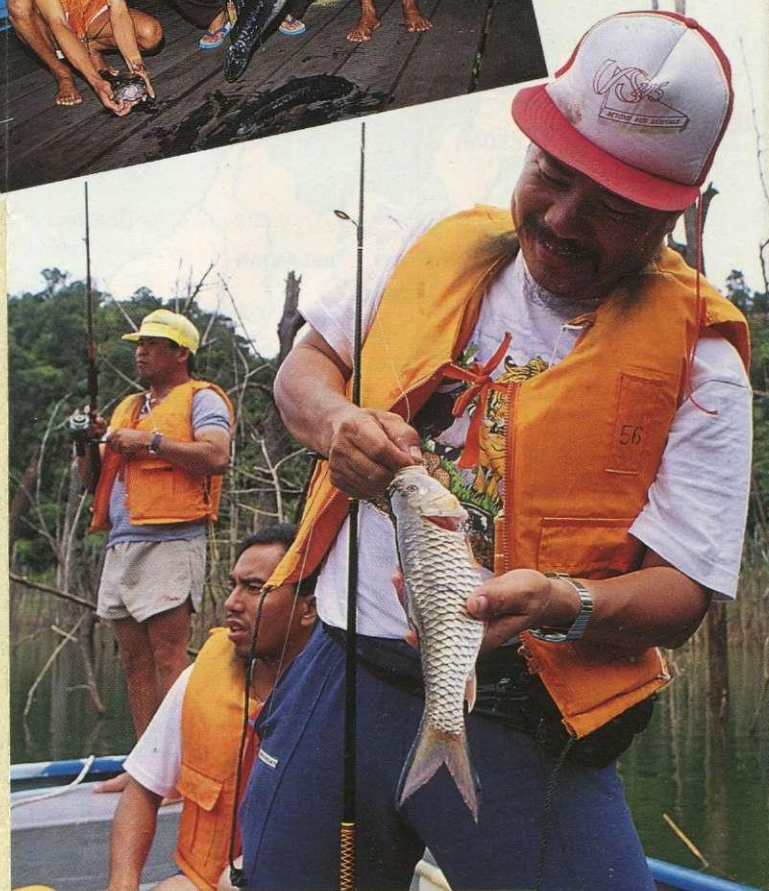
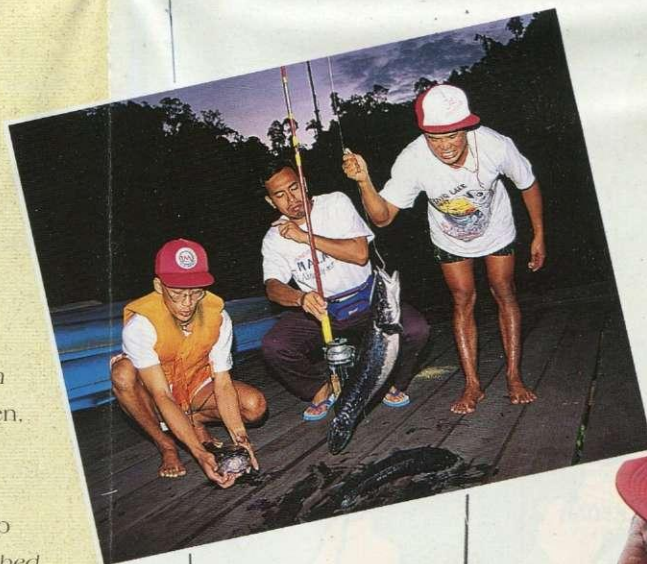


# Angling

The aching in the arms is overpowering and perspiration is dripping from your brow. You've been battling this fish for 3 hours, but it isn't going to be "the one that got away". This isn't a scene from a Hemingway novel. This is you fighting a *Black Marlin* off the coast of Sabah. For deep sea sports fishermen, Malaysia's waters are stocked with game fish that'll provide grand competition. In the coastal waters off Terengganu, Johor, Sabah and Sarawak you can drop a line and wait for the strike! It could be a *Sharp-Toothed Bass*, *Silver Jewfish* or the prized *Black Marlin*.

For the freshwater angler, try the lakes and rivers and maybe snare a *Giant Snakehead* or *Malaysian Mahsa*. A different challenge, but equally as rewarding.

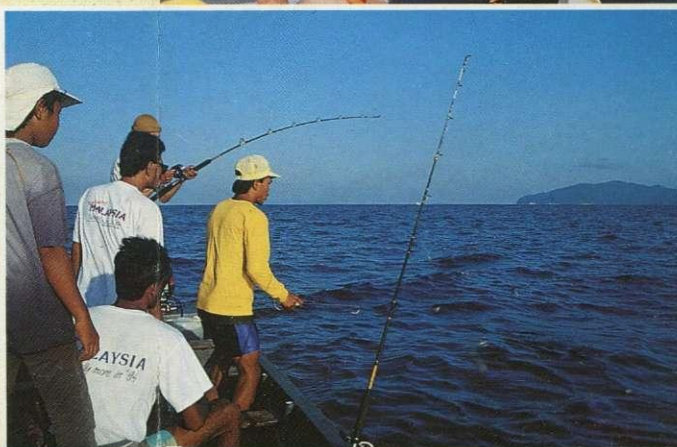
Then there is "canda" fishing. Learn from the local East Coast fishermen the art of catching *cuttlefish* using lights and multiple lines with hooks. Truly a distinct mode of fishing!



## Where are they biting?

Kelantan:	Gua Musang, Sungai Lebir
Kedah:	Pulau Cincin, Pulau Tuba, Pulau Langkawi
Terengganu:	*Pulau Redang, Tasik Kenyir, *Pulau Kapas
Pahang:	Tasik Cini, *Pulau Tioman
Sabah:	Pulau Layang-Layang, *Tunku Abdul Rahman Park
Perak:	Tasik Banding (Temenggor Dam)
Malacca:	Pulau Besar
Johor:	*Pulau Besar, *Pulau Rawa, Pulau Tinggi
Sarawak:	*Pulau Sarang, Japanese Wreck (off Kuching)

\* These are designated Marine Parks; For further information, contact the Department of Fisheries, Malaysia.





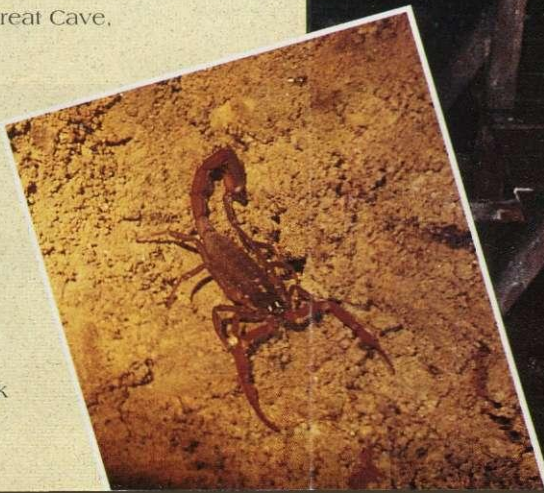
# Cave Exploring

Caves are not hard to find. Great caves are a different matter. Caves can be found in all Malaysian states, and are home to local fruit bats, birds and beautifully sculpted stalagmites and stalactites. The Mulu Caves in Sarawak are truly a spectacular cave system. With its network of caves stretching 200 kilometres through the hills, it is one of the world's most impressive. So vast is this system that it can be divided into show caves (such as Deer Cave and Lang Cave) and adventure caves (like Drunken Forest Cave and Lagan's Cave). The Niah Caves in Sarawak are famous for their prehistoric paintings and luminous rock formations, whilst the Gomantong Caves of Sabah house the world's largest bird nesting site (source of the famous bird's nests used in Chinese cuisine).

If you want to mix religion with exploration, try Batu Caves and its Hindu temple, or the Sam Po Tong Temple, recessed in the limestone caverns of Gunung Rapat. All are safe and inviting places to quench your thirst for exploring.

## Caves for the Curious

Sarawak:	Mulu Caves (Deer Cave, Moon Cave, Drunken Forest Cave, Lang Cave), Bau Caves (Fairy Cave, Wind Cave), Niah Caves (Niah Great Cave, Niah Painted Cave)
Sabah:	Gomantong Caves
Perak:	Kandu Cave, Tempurung Cave, Gunung Rapat
Perlis:	Kelam Cave
Taman Negara:	Daun Menari Cave, Gua Telinga
Selangor:	Batu Caves
Pahang:	Kenong Rimba Park





# Diving

Drop out of the searing heat and into calm, warm water that envelopes your body and soul. As your eyes adjust to the clear blue light, a brightly coloured tropical fish swims by in greeting, then turns to rejoin the feeding school hovering above the nearby reef. Some of the world's best diving is to be done in the waters of Malaysia. Shallow seas, warm currents and rich marine life beckon the diving enthusiast or the avid snorkeller, and because of the relatively high visibility of the waters, they're a photographers paradise.

For sheer beauty, Tioman Island is a magical spot, as is Redang Island. Both locations boast coral reefs of breathtaking majesty, and divers can glide through underwater caves, rifts and passages of brilliant scenery.

Of all the dive spots, there is one that stands on its own — Sipadan Island, off Sabah. With its deep waters, lush coral reefs and array of deep ocean species (*Hammerhead Sharks, Manta Rays and Barracudas* to name a few), Sipadan was recognized as an underwater haven by none other than Jacques Cousteau, ocean explorer par excellence.

Take note, however, that diving is not recommended during the monsoon months of November to January, as the South China Sea can be rather rough.

## The Diving Destinations

Kedah:	Pulau Payar, Pulau Segantang
Sabah:	Pulau Sipadan, Pulau Mabul Tunku Abdul Rahman Park
Johor:	Pulau Rawa, Pulau Hujung, Pulau Besar
Pahang:	Pulau Tioman
Terengganu:	Pulau Perhentian, Pulau Redang Pulau Tenggol



Photo By: Daniel D'Orville/Borneo Divers



Photo By: Daniel

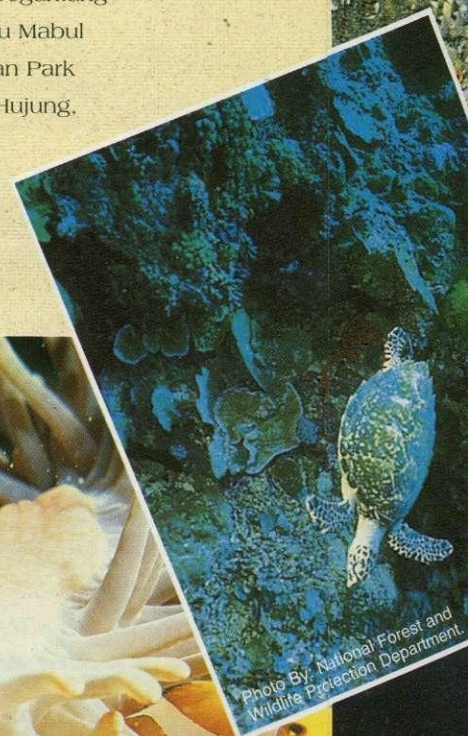


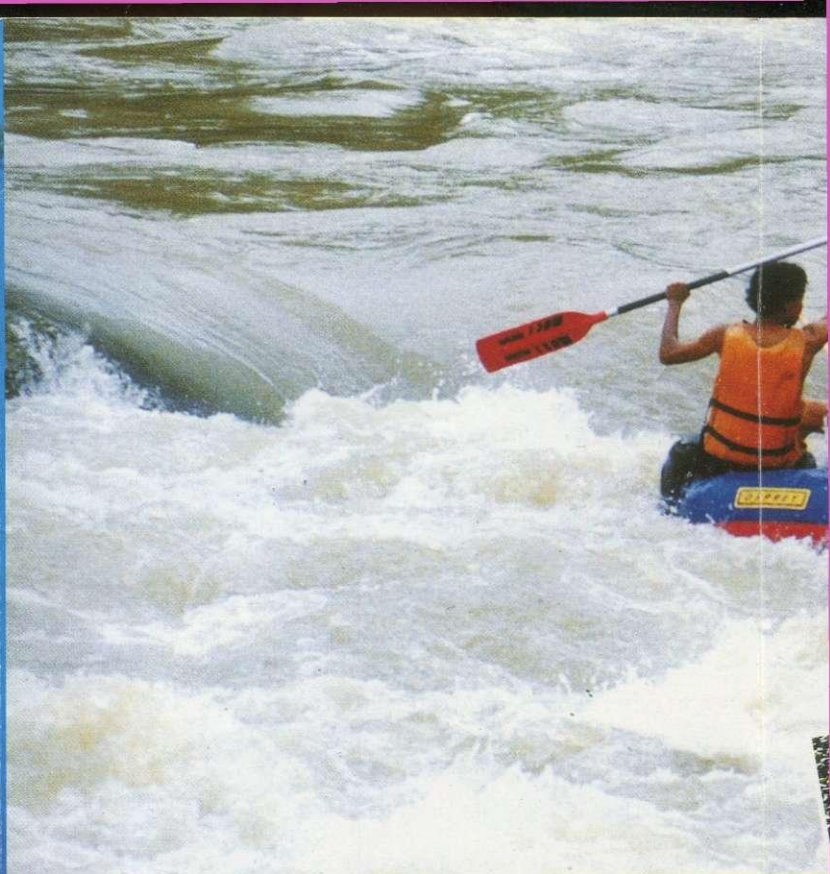
Photo By: National Forest and Wildlife Protection Department.





National Forest and  
Protection Department.

Photo By: Daniel D'Orville/Borneo Divers.



## White Water Rafting

**H**earth-pounding, gut-wrenching, totally exhilarating! How else would you describe a ride on nature's rollercoaster? For some, a run down a churning, thundering river is the ultimate adventure. For them, Malaysia has rivers that would put any amusement park ride to shame. Sabah and Sarawak have rivers characterized by long stretches of rapids, boiling with contempt at man's attempts to conquer them. Pahang has a few of its own, no less scintillating and certainly no less indignant. If you manage to tear your eyes away from the chaos around you, you might catch some of the magnificent foliage that line these majestic waterways, replete with bemused jungle folk gazing down at your thrillseeking excursion. Guides are always on hand to assist, and your mode of transport is up to you — inflatable dinghy, bamboo raft, or the traditional *sampan* (dugout canoe).





As the river levels are governed by rainfall, be sure to check the local conditions before embarking. Monsoon season, as usual, is not the best time to go rafting.

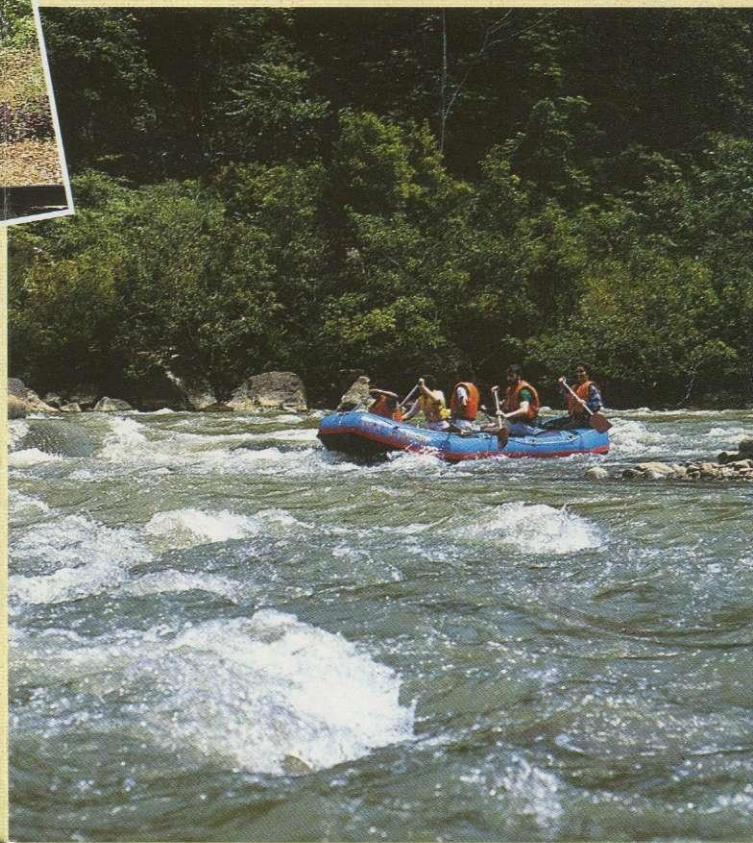
### The Rivers' Wild

Sabah: Sungai Padas, Sungai Papar, Sungai Tamparuli, Sungai Kiulu

Sarawak: Sungai Skrang

Pahang: Sungai Tembeling, Jeram Besu (Sungai Lipis)

Perak: Sungai Sungkai





# Bird Watching

If it's an adventure that's a little more refined and certainly less strenuous that's wanted, try bird watching! Malaysia's vast expanses of rainforest are home to more than 700 species of exotic birdlife and some extremely rare ones. Due to its location on the cross-migratory paths of certain bird species, Malaysia has emerged as a bird watching haven. Foreign and local birds alike, the avian extravaganza is one to behold. Scan the treetops, listen for the tell-tale calls. Look hard. You'll see them all, from the timid and tiny highland species to the bright and resplendent lowland varieties.

Bird sanctuaries have been designated throughout the country. These include Taman Negara, Fraser's Hill and the Kuala Selangor Nature Park. In Sabah, Kinabalu Park and Layang-Layang Island are the spots to seek out. You're certain to sight the likes of *Silver-Eared Mesias*, *Mountain Bulbuls*, and *Collared Kingfishers*. If you see a *Mountain Peacock Pheasant* or a *Malayan Whistling Thrush* you are one of a privileged few, as they are the rarest of birds to be found.

## The Birdwatcher's Wonderland

Kedah: Pulau Langkawi

Sabah: Pulau Layang-Layang, Sepilok Orang Utan Rehabilitation Centre, Kinabalu Park, Kota Belud Bird Sanctuary

Perak: Kuala Gula, Maxwell Hill

Selangor: Kuala Selangor Nature Park

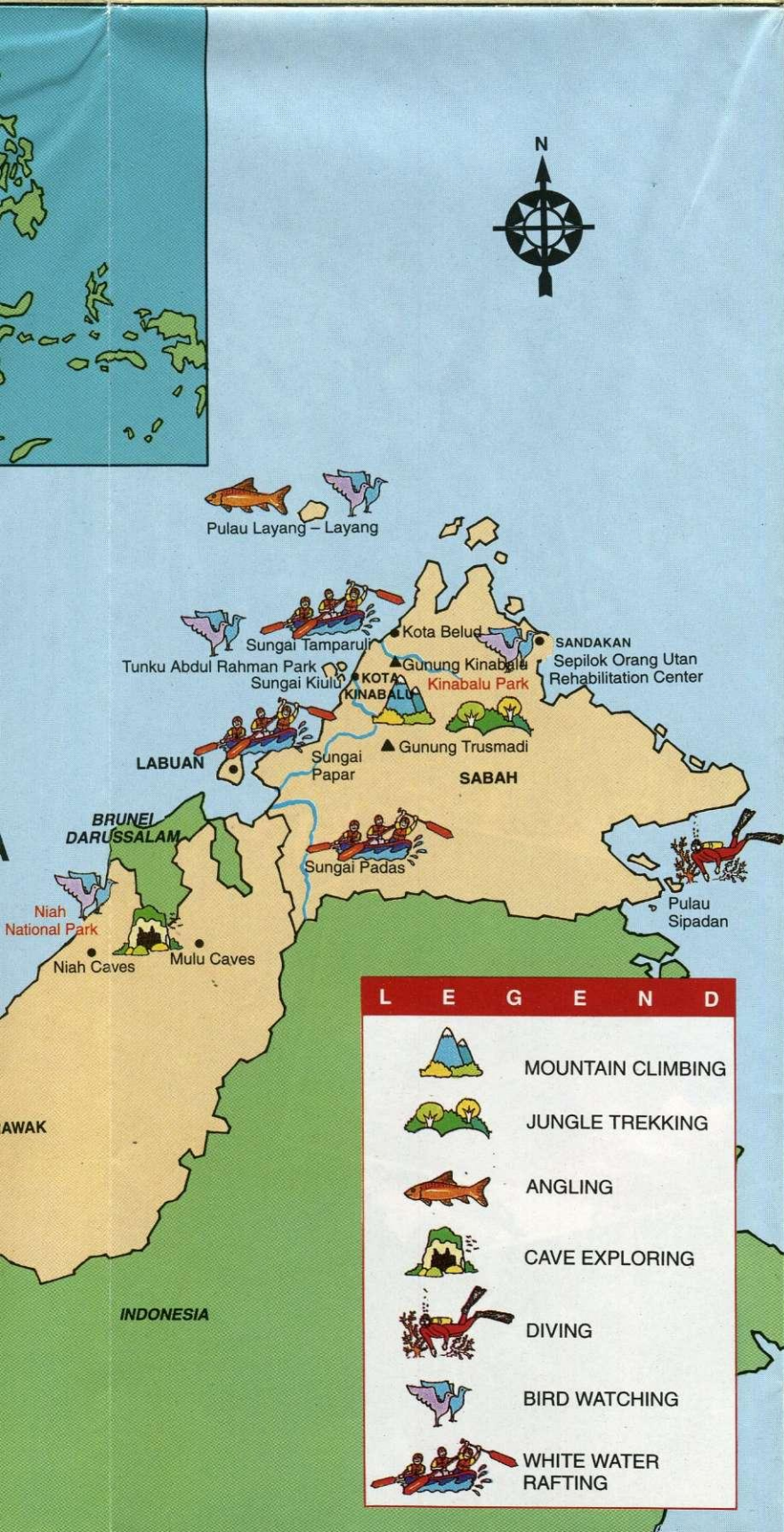
Pahang: Taman Negara, Fraser's Hill


















L E G E N D	
	MOUNTAIN CLIMBING
	JUNGLE TREKKING
	ANGLING
	CAVE EXPLORING
	DIVING
	BIRD WATCHING
	WHITE WATER RAFTING

## Planning Your Adventure

For your convenience, the following organisations can furnish additional information and relevant details such as guidelines, regulations and permits, wherever applicable, on adventure destinations in Malaysia.

### National Forest and Wildlife Protection Department Head Office

Km 10, Jalan Cheras  
56100 Kuala Lumpur  
Tel: 03-9052872/73  
Fax: 03-9052873

### Malaysian Nature Society

34, Jalan Bukit Idaman  
8/1 Taman Bukit Idaman  
Batu Caves  
68100 Selangor  
Tel: 03-6165259/60  
Fax: 03-6165258

### Sabah State Wildlife Department

7th Floor,  
Menara Sabah Bank  
88300 Kota Kinabalu  
Sabah  
Tel: 088-211645  
Fax: 088-222476

### Kuala Lumpur Mountaineering Association

No. 2-2 Block 1, Fasa 9B3  
Hillside Apartment  
Taman Melawari  
53100 Kuala Lumpur  
Tel: 03-4068007  
Fax: 03-4069007

### Sarawak State Wildlife Department

5th Floor  
Wisma Sumber Alam  
Petra Jaya,  
Jalan Stadium  
93660 Kuching  
Sarawak  
Tel: 082-442180  
Fax: 082-211645

### Association of Back Packers Malaysia

No. 6, Jalan SS3/33  
47300 Petaling Jaya  
Selangor  
Tel: 03-7756249  
Fax: 03-7778737

### Taman Negara (National Park)

Kuala Tahan  
27020 Jerantut  
Pahang  
Tel: 09-2662200/3500  
Fax: 09-2661500

### Department of Fisheries, Malaysia

8th & 9th Floors, Wisma Tani  
Jalan Sultan Salahuddin  
50628 Kuala Lumpur  
Tel: 03-2982011  
Fax: 03-2910305

For more information on Malaysia, contact your travel agent or the nearest Tourism Malaysia Office.